

Fun Nutrition Events

to use with the

Fresh Fruit and Vegetable Snack Program

4 Lesson Plans for Grades K-5

Fall Tasting Party
Native American Fruits and Vegetables
Taste of Montana
Healthy Party Snack Ideas

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June 2010

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.” The source of funds was from a 2008 USDA Team Nutrition Training Grant awarded to the Montana Office of Public Instruction. USDA is an equal opportunity provider and employer

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*In cooperation with
the Montana Office of
Public Instruction*

Mountains & Minds



**Montana
Office of Public Instruction**
Denise Juneau, State Superintendent



Title: Fall Tasting Party

Grades: K-5

Equipment: A wide variety of fruits and vegetables, napkins/paper towels, Dixie cups or small paper plates, silverware and serving utensils as needed.

Objectives: Students will gain an increased awareness of the wide variety of fruits and vegetables available and will be able to identify them.

Description: Teachers along with food service employees will prepare fresh, canned, dried, and/or frozen fruits and vegetables for students to taste test and evaluate. Evaluation forms should stay simple. Students will record what was tasted, whether or not they liked it, and whether or not it should be included on the menu. The tasting area could be decorated with posters of fruits and vegetables and each item should have a name card that identifies what it is.

Extensions:

(1) Fruits and vegetables from A-Z can be tasted. This could also be done over a month's time.

(2) Fruit and Vegetable Bingo can be played with the class. More game ideas can be found at: <http://www.foodchamps.org/>

(3) Students can make posters of their favorites to decorate the classroom and/or lunchroom.

(4) Students can compile the evaluation results and make a graph of those results to share with the food service.

(5) Teachers can teach the differences between fruits and vegetables, where and how they are grown, how they are eaten, which parts are eaten (leaves, seeds, roots, etc.), and why they are good for you. Fruit and vegetable information sheets can be used as one resource for this activity. Find these at: <http://lancaster.unl.edu/nep/FruitVeggie.shtml>

(6) Students can participate in an A-Z spelling bee using the names of fruits & vegetables as the words.

(7) Teacher and students can read books about fruits/vegetables: Alphabet Soup: A Feast of Letters by Scot Gustafson, Eating the Alphabet: Fruits and Vegetables from A-Z by Lois Elhert, Taste by Sue Hurwitz, and A Book of Fruit by Barbara Lembar

(8) Students can play "Apple, Apple, Squash" (Duck, Duck, Goose).

(9) Class can have a sing-along using songs about fruits/vegetables—i.e. "Apples and Bananas". For more songs try: <http://www.childfun.com/index.php/activity-themes/100-food/218-vegetable-activity-theme.html?start=4>

(10) Teacher and students can make a cookbook of their favorite fruit and vegetable recipes to take home or for the classroom library.

Title: Native American Fruits and Vegetables

Grades: K-5

Equipment: Native American fruits and vegetables (the 3 sisters—corn, beans, and squash—cranberries, huckleberries, blueberries, strawberries, chokecherries, and raspberries), Dixie cups/paper plates, napkins/paper towels, silverware and serving utensils as needed

Objectives: Students will gain an increased awareness of the variety of fruits and vegetables indigenous to the United States and will be able to identify these fruits and vegetables.

Description: Teacher, along with food service, prepares the indigenous fruits and vegetables for the students to taste-test and evaluate. Evaluation forms are used to rate each item and whether or not each item should be included on the menu. The tasting area should be decorated with Native American posters/pictures. Name cards should identify each item.

Extensions:

- (1) Students can play Native American games. Some ideas can be found at:
<http://www.apples4theteacher.com/native-american/games/>
- (2) Teachers and students could create a 3 Sisters Soup. A recipe can be found at:
<http://allrecipes.com/Recipe/Three-Sisters-Soup/Detail.aspx>
- (3) Students can put on the play, "The Life of Corn." You may find it at:
<http://www.apples4theteacher.com/native-american/plays/>
- (4) Teachers can teach students about the different Native American tribes who farmed as well as the gatherers.
- (5) Students can use mortar and pestle to grind corn into flour.
- (6) Native American guest speakers can come into the class room.
- (7) Students could take a field trip to a museum to see Native American artifacts.
- (8) Teachers and students can read books about Native Americans. A suggested reading list can be found at:
<http://www.childrensliteraturenetwork.org/resource/readlist/favnatv.php>
- (9) Students can compile the evaluation information and make a graph using the results.
- (10) Teachers can teach students words in a native language such as Lakota. This is a good website to start at: <http://language.nativeweb.org/>

Title: Taste of Montana

Grades: K-5

Equipment: Variety of fruits and vegetables grown in Montana, *Mmm Mmm Montana* poster, name cards, Dixie cups/small paper plates, napkins/paper towels, silverware and serving utensils as needed. The poster can be found at:

<http://opi.mt.gov/PDF/SchoolFood/Mmm-Mmm-Montana/Mmm-Mmm-Montana-poster.pdf> Go to the Agriculture in Montana web site for a list of seasonal Montana foods which is found at the following link: <http://agr.mt.gov/aginmtschoools/index.htm>

Objectives: Students will gain an increased awareness of the variety of produce that is grown in Montana and will be able to identify these fruits and vegetables.

Description: Teacher, along with food service, prepares Montana grown fruits and vegetables for the students to taste-test and evaluate. Evaluation forms are used to rate each item and whether or not each item should be included on the menu. The tasting area should be decorated with the Montana My Pyramid poster. Name cards should identify each item.

Extensions:

- (1) Students can take a field trip to a local farm or greenhouse.
- (2) Students can grow a window box garden/classroom garden.
- (3) Teachers can teach students about where in Montana the fruit and vegetables are grown.
- (4) Teachers can teach students about the nutrients found in this produce.
- (5) Teachers can set up a fruit and vegetable education table that includes the produce and education cards. These cards could include: name of produce, what part of the state it is grown, how to eat it, nutrient content, how to store it, where to buy it, and how much it costs.
- (6) Guest speakers (farmers and gardeners) could be invited to present to the class.
- (7) Bingo cards can be made using only Montana produce and played as a class.
- (8) Students can compile the evaluation information and make a graph using the results.
- (9) Teachers can hold a mock election using these fruits and vegetables as candidates. Students could work in groups to get their produce elected. Older students could participate in a debate.
- (10) Class can play "Hot Potato" using a Montana potato.
- (11) Teacher and students could prepare easy recipes in small groups. For recipe ideas, use the *Mmm Mmm Montana* poster for a reference. It can be as easy as yogurt with fruit, raw veggies and cheese, or a fruit smoothie.

Title: Healthy Snacks for Parties

Grades: K-5

Equipment: A wide variety of fruits and vegetables, napkins/paper towels, Dixie cups or small paper plates, silverware and serving utensils as needed.

Objectives: Students will gain an increased awareness of simple and tasty ideas for healthy fruits and vegetable snacks for school parties.

Description: Teacher, as well students and parents, prepare fruit and vegetable snacks for parties.

Extensions:

(1) Halloween/Harvest Party: Try hot/cold apple cider, pumpkin muffins, pumpkin seeds mixed into trail mix. Another fun idea is to have the class create a vegetable “skeleton” by laying out a variety of veggies on a tray in the shape of a skeleton and using a bowl of low-fat ranch for the “skull”. For more details go to:

<http://www.kraftrecipes.com/recipes/skeleton-brain-dip-65180.aspx>

(2) Thanksgiving Party: Re-enacting the story of **Stone Soup** & making the soup with the children to incorporate sharing with others as an important holiday theme.

(3) Winter Party: Serve fruit slices while the children make traditional pomander balls. Directions and description can be found at:

<http://www.inseason.com/holiday/pomander.html>

(4) Valentine’s Day Party: Throw a Healthy Heart party that includes fresh fruits and vegetables. Another variation could be to have all red fruits/vegetables: strawberries, cherry tomatoes, watermelon.

(5) End of the Year Party: Students could make 100% juice popsicles using Dixie cups and craft sticks or using Popsicle molds a day or two ahead of time and freeze them in the lunchroom freezer.

Check out the resources for Healthy Classroom Parties at :

<http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/quickandeasy/celebrations.pdf>

http://healthymeals.nal.usda.gov/hsmrs/Connecticut/CT%20Healthy_Celebrations.pdf

For More Information Visit the Following Web Sites:

Fruits and Veggies More Matters <http://www.fruitsandveggiesmorematters.org/>

Nutrition Education

http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html#p7GPc1_8

Farm to School Program

http://www.opimt.gov/Programs/SchoolPrograms/School_Nutrition/index.html#p7GPc1_5

Farm and Food Fun Facts

http://www.farmbureaukids.com/files/pages/182/200509_readinglist.pdf